

Nick's



## Place Spring 2003 Newsletter

*Our mission: to provide a clean, safe, supervised environment to young men in which to begin their recovery from addiction.*

Hello everyone. Finally, Spring is here! The guys at Nick's Place shoveled a ton of snow this winter. Thank heavens they were pretty good sports about it. At the end of this month, we are having Spring Cleaning weekend and as you can imagine, they are really looking forward to that (ha).

Our resident, George, who I wrote about in the last newsletter, just celebrated nine months clean and sober! This is just a huge accomplishment for George. You would never know that the young man who is with us today was addicted to crack, supported his habit through crime and spent time in jail. George has been successful thus far because he is actively working his 12-step program with his sponsor, regularly attends meetings, enthusiastically participates in our relapse prevention counseling and has held the same job since he joined us 8 months ago. In fact, just today, he told me that he has gotten a raise!! George was really pleased because although he wanted to ask for a raise, he was hesitant to approach the boss. We had discussed how he should approach the subject and in the end the boss awarded the raise on his own! George's employer knows that George lives in a recovery house and is supportive of his continued success.

Two other longer-term residents left Nick's Place in January and February and moved into unsupervised sober houses with other young people in the program. When this occurs, we feel that we have done our job of preparing them to live responsibly on their own. Sometimes we don't agree with their decision to leave, but in the end, we understand that they are eager to break away. They know they are always welcome to share dinner with us, meet our new residents and participate in the relapse prevention program at Nick's Place even after they leave.

Our new guys completed their goals list recently. We have them do this as they enter Nick's Place and review them after about 8 weeks to see what progress has been made. This is a great exercise in that it allows the guys to measure their progress and encourages them to reach for even greater goals.

Next month, our guys will be attending a Narcotics Anonymous (NA) convention in Ocean City, Maryland. It's four days of meetings, meals socializing and dances. This is just a great way for our guys to meet other young people and

build their network of drug and alcohol free friends. The program offers packages for those who can't afford to attend and Nick's Place will provide the registration fee for our guys.

This past December, we received the highest form of recognition in the form of a donation of stock from parents of a former resident. I cannot tell you how wonderful it is to hear from another parent that Nick's Place has made a difference in their son's life. Another parent wrote,

**“Nick's Place was a true haven of the peace, love, caring, understanding and sense of family that John definitely needed during his beginning recovery. There were so many positive elements about Nick's Place that he benefited from during his stay.” For example, “your monthly house meetings on budgeting, goal setting and accomplishments, acquiring self esteem and relapse avoidance helped provide the self-confidence, self-determination and knowledge for the young men to begin to have faith in their own direction.”**

As you know, we have always felt that if a home like Nick's Place had existed when my Nick was in early recovery his chance for long-term recovery would have been enhanced. This validation of our program makes the hard work worthwhile!!

I'd like to take a moment to recognize companies who have chosen to support Nick's Place. This past January, we received our third annual donation from Agora Publishing in Baltimore who has supported Nick's Place from the beginning. We also received our second annual gift from Abstracts, Ltd in Annapolis, Maryland. And finally, I'd like to thank Label Tech for providing our return address labels.

We continue to apply for operating grants and explore new areas of funding. With the decline in the economy, Foundations have made cuts in their funding that can have a huge impact on programs like Nick's Place. So, if you are familiar with a Foundation who supports work like ours or know of an individual or company who you feel would enjoy supporting a program like Nick's Place, please let me know and I will put together an information package for them.

Finally, during this very difficult time for our country, I feel very blessed and grateful to work with these young people. A child will always be a child, no matter what age. Let's send our prayers and good thoughts to all parents who have a child in danger.

I look enjoy sharing our news with you and letting you know that you are making a difference. As always, I want to thank you all for your continued and generous support of Nick's Place. We could not do it without you.

***All cash donations to Nick's Place are 100% tax deductible. We receive no federal or state support.***